



## 2025-2026 Swimming Training Schedule – ST. MARY’S & STRATFORD AREA

|                                                                                                                                                             |                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <b>CGAC</b> = Canada Games Aquatic Centre - London<br><b>PRC</b> = Pyramid Recreation Centre – St. Mary’s<br><b>YMCA</b> = Stratford-Perth YMCA – Stratford | <b>GREEN = SWIMMING</b><br><b>BLUE = WATER POLO</b><br><b>BLACK = LIFESAVING SPORT</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|

### INTRO TO SWIM FOR KIDS GROUP:

- A Fun Introductory Orientation to Swimming Skills
- Stroke Development
- Only 1 Practice A Week

Ages 5-10 years old:

|    | MON | TUE | WED | THURS | FRI                        | SAT | SUN |
|----|-----|-----|-----|-------|----------------------------|-----|-----|
| AM |     |     |     |       | 5:30pm-<br>6:30pm<br>@ PRC |     |     |

### WHITE GROUP:

- A Fun Introductory Orientation to Swimming Skills
- Stroke Development

Ages 5-8 years old:

|    | MON | TUE                       | WED                         | THURS | FRI                        | SAT | SUN                         |
|----|-----|---------------------------|-----------------------------|-------|----------------------------|-----|-----------------------------|
| PM |     | 6:30pm-<br>7:30pm<br>YMCA | 6:00pm-<br>6:45pm<br>@ CGAC |       | 5:30pm-<br>6:30pm<br>@ PRC |     | 5:30pm-<br>7:00pm<br>@ CGAC |

### GREEN GROUP:

- An Introduction to Competitive Swimming Skills
- Technical Stroke Improvement

Ages 8-10 years old:

|    | MON | TUE                       | WED                         | THURS | FRI                        | SAT | SUN                         |
|----|-----|---------------------------|-----------------------------|-------|----------------------------|-----|-----------------------------|
| PM |     | 6:30pm-<br>7:30pm<br>YMCA | 6:00pm-<br>6:45pm<br>@ CGAC |       | 5:30pm-<br>6:30pm<br>@ PRC |     | 5:30pm-<br>7:00pm<br>@ CGAC |



### REC SWIM EVENINGS GROUP - ST. MARY'S:

- Keep Fit, Stay Healthy, Have Fun Swimming
- Improve Technical Skills & Stroke Enhancement

Ages 10-17 years old:

|    | MON                 | TUE | WED | THURS | FRI                 | SAT | SUN                  |
|----|---------------------|-----|-----|-------|---------------------|-----|----------------------|
| AM |                     |     |     |       |                     |     |                      |
| PM | 6:00pm-7:00pm @ PRC |     |     |       | 6:30pm-7:30pm @ PRC |     | 5:30pm-7:00pm @ CGAC |

### REC SWIM EVENINGS GROUP – STRATFORD:

- Keep Fit, Stay Healthy, Have Fun Swimming
- Improve Technical Skills & Stroke Enhancement

Ages 10-17 years old:

|    | MON | TUE                | WED | THURS | FRI | SAT | SUN                  |
|----|-----|--------------------|-----|-------|-----|-----|----------------------|
| PM |     | 6:30pm-7:30pm YMCA |     |       |     |     | 5:30pm-7:00pm @ CGAC |

### BLACK GROUP:

- Technical Skills & Stroke Enhancement
- Introduction to Training & Racing

Ages 10-12 years old:

|    | MON                 | TUE                | WED                  | THURS | FRI                 | SAT | SUN                                                |
|----|---------------------|--------------------|----------------------|-------|---------------------|-----|----------------------------------------------------|
| PM | 6:00pm-7:00pm @ PRC | 6:30pm-7:30pm YMCA | 6:30pm-7:30pm @ CGAC |       | 6:30pm-7:30pm @ PRC |     | 5:30pm-7:00pm @ CGAC<br>or<br>5:30pm-7:00pm @ CGAC |



### YOUTH GROUP:

- Refinement of Skills & Stroke Mechanics
- Enhanced Training
- Racing Improvement

Ages 12-13 years old:

|    | MON                 | TUE                | WED                  | THURS | FRI                 | SAT | SUN                                                |
|----|---------------------|--------------------|----------------------|-------|---------------------|-----|----------------------------------------------------|
| PM | 6:00pm-7:00pm @ PRC | 6:30pm-7:30pm YMCA | 6:30pm-7:30pm @ CGAC |       | 6:30pm-7:30pm @ PRC |     | 5:30pm-7:00pm @ CGAC<br>or<br>5:30pm-7:00pm @ CGAC |

### SENIOR GROUP:

- Advanced Skills
- Mastery of Stroke Mechanics
- Performance Training & Racing

Ages 14+ years old:

|    | MON                 | TUE                | WED                  | THURS | FRI                 | SAT | SUN                                                |
|----|---------------------|--------------------|----------------------|-------|---------------------|-----|----------------------------------------------------|
| PM | 6:00pm-7:00pm @ PRC | 6:30pm-7:30pm YMCA | 6:30pm-7:30pm @ CGAC |       | 6:30pm-7:30pm @ PRC |     | 5:30pm-7:00pm @ CGAC<br>or<br>5:30pm-7:00pm @ CGAC |